

PLEASE REGISTER PRIOR TO THE START OF THE PROGRAM ON SCHEDULED  
REGISTRATION DATES TO ENSURE AVAILABILITY OF PREFERRED DAYS.

Name of Skater \_\_\_\_\_ M / F

Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_ email \_\_\_\_\_

Home Club \_\_\_\_\_ Skate Canada # \_\_\_\_\_

**POWERSkate**

September - December or January - March

Tuesday U9 (birth year 2012, 2013) (age 7, 8 by Dec. 2020) 7:25-8:15 PM

Tuesday U13 (birth year 2008, 2009) (age 11, 12 by Dec. 2020) 8:25-9:15 PM

Thursday U7 PrePower (birth year 2014, 2015, 2016) (age 4, 5, 6 by Dec. 2020)  
6:25-7:15 PM

Thursday U11 (birth year 2010, 2011) (age 9, 10 by Dec. 2020) 7:25-8:15 PM

**FULL HOCKEY GEAR IS REQUIRED FOR THESE PROGRAMS, INCLUDING A CSA APPROVED HOCKEY HELMET.**

Your privacy and the protection of your personal information is important to us. Your personal information is required to register you with Skate Canada. Your personal information may also be exchanged with Skate Canada affiliates which includes Skate Ontario. By submitting this form, you expressly provide your consent to the sharing of your personal information with Skate Canada and as described here in for purposes of registration and receipt of national services delivered by Skate Canada.

I the undersigned, understand that the South Windsor Skating Club, its coaches, Board Members and designates are not responsible for injuries incurred while the above member is participating in any club activity.

I give the SWSC permission to photograph/video me (or the minor I am authorized to sign on behalf of) while participating in one of SWSC programs for promotional or educational purposes.

**Signature:**

Registration Fee \$ \_\_\_\_\_

Less Family Discount \$ \_\_\_\_\_

Skate Canada Fee \$ 43.65

# of Fundraiser Tickets 5 @ \$2.00 each. \$ 10.00

Session Jersey Fee \$ 17.00

**TOTAL** \$ \_\_\_\_\_

Credit Card Confirmation \_\_\_\_\_ Receipt # \_\_\_\_\_

**POWERSkate**

\$285 for 10 weeks/\$530 for 20 weeks

**Fall Session**

Tuesday September 29 - December 1

Thursday October 1 - December 3

**Winter Session**

Tuesday January 5 - March 9

Thursday January 7 - March 11

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Thursday U7 PrePower(birth year 2014, 2015, 2016) (age 4, 5, 6 by Dec. 2020)  
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**Family Discount - 1st child in POWERSkate, CANSkate, or STARSkate pays full price. 2nd or more children in POWERSkate or CANSkate get a 10% discount.**

\_\_\_\_\_

**Full hockey gear is required for these programs including a CSA approved hockey helmet and club jersey.**

**Please indicate your jersey size:**

**Youth      Small      Medium      Large**

**Adult      Small      Medium      Large**

**Extra-Large**

The South Windsor Skating Club is offering Fall and Winter POWERSkating Programs at Capri Pizzeria Recreation Complex. The objective of the program is to train the skater in the proper technique to develop maximum speed, balance, and agility. The exercises are designed to teach the skating skills that are required for all of the situations that occur in the game of hockey.

### **DEVELOPING AND IMPROVING**

The focus of this program will be on technical skating instruction with skill correction, emphasis on blade awareness, edges, and body positioning. This includes forward and backward stride development, stops, explosive starts, open hip turns, pivots and transitional skills and new this year, time trials.

For more information visit our website: [www.swskatingclub.ca](http://www.swskatingclub.ca)

email: [southwindorscinfo@gmail.com](mailto:southwindorscinfo@gmail.com)

**CANPOWERSkate Coordinator:**  
Lori Corriveau

**Skate Canada National Level Coach & CANPOWERSkate Certified**

### **SKATE ONTARIO PROMOTIONAL CONTEST**

In an effort to help keep registration costs down, we are again selling Skate Ontario Promotional tickets as a fundraiser. Tickets are \$2 each, with a full book valued at \$40. \$22/book is redirected back to our club and Skate Ontario receives \$18/book.

The random draw from eligible entries will take place at the 2020 Skate Ontario STARSkate Provincial Championship.

**ALL FAMILIES ARE ASKED TO PURCHASE AT LEAST 5 TICKETS.**



## **SOUTH WINDSOR SKATING CLUB**

**2020/2021**

**Fall & Winter POWERSkating PROGRAM**

**Capri Pizzeria Recreation Complex  
2555 Pulford Windsor ON**

